



Southwestern College DISABILITY SUPPORT SERVICES Special Class Descriptions

The following Special Class descriptions will help you in choosing classes. A minimum fourth (4th) grade reading comprehension level is necessary to read the textbooks used.

PD 1 Speech Language Hearing Assessment (5) Unit

Lecture .5 Hour

Provides instruction on speech, language, hearing development, and learning strategies. Includes individualized assessment to identify speech, language, and hearing strengths and weaknesses. Emphasizes the development of a plan for improved speech/language skills in all college courses.

PD 7 Memory Skills (3) Unit

Lecture 3 Hours

Designed to offer special instruction to students with memory problems. Teaches students to locate, identify, organize, and recall using advanced strategies.

PD 9 Adult Learning Assessment (5) Unit

Lecture .5 Hour

Provides a formal assessment of learning and information processing strengths and weaknesses. A written report identifying strengths, weaknesses, strategies, and recommendations for college is provided. Testing takes several appointments. The testing process begins with a 2 hour orientation with a DSS Specialist.

PD 12 Oral Language and Comprehensive Skills (2) Units

Lecture 2 Hours

Offers special instruction to students with disabilities to improve organization skills, language expression, and comprehension.

PD 14 Vocabulary Development and Word Recall (3) Units

Lecture 3 Hours

Offers strategies to improve oral and written vocabulary, word retrieval skills for college-level language expression, and memory for new vocabulary learned.

PD 18 Adapted Computer Instruction (2) Units

Lecture 2 Hours

Introduces students with disabilities to basic computer vocabulary, functions of computers, and common computer software applications using adapted technology. Provides specialized computer-delivered instruction to improve information processing skills, and/or composing skills adapted to the needs of the individual students disability.

PD 21 Adapted Computer Support Lab I (1) Unit

Lab 2 Hours

Preparation: PD 18

Provides students with disabilities access to specialized hardware and software designed to learn or improve basic skills in adaptive technologies, cognitive retraining software, educational technologies, computers, and study skills. Students will work in the computer lab following their individual educational contract. Laboratory time arranged with the instructor.

PD 22 Adapted Computer Support Lab II (2) Units

Lab 6 Hours

Preparation: PD 18

Provides students with disabilities access to specialized hardware and software designed to learn or improve basic skills in adaptive technologies, cognitive retraining software, educational technologies, computers, and study skills. Students will work in the computer lab following their individual educational contract. Laboratory time arranged with the instructor.

PD 23 Adapted Computer Support Lab III (3) Units

Lab 9 Hours

Preparation: PD 18

Provides students with disabilities access to specialized hardware and software designed to learn or improve basic skills in adaptive technologies, cognitive retraining software, educational technologies, computers, and study skills. Students will work in the computer lab following their individual educational contract. Laboratory time arranged with the instructor.

PD 89 Fundamentals of Mathematics (3) Units

Lecture 3 Hours

Mathematics course for students with learning deficits uses special methods and materials to teach learning strategies for computation, problem solving and real life math situations. This course can help to prepare a student to enter into Math 20, or develop basic math skills. Manipulatives are used to understand concepts.

PD 100 Lifelong Success (3) Units

Lecture 3 Hours

Applies physiological, social, and psychological principles to college, work and life success. Uses assessment of personality, interests, skills, and values to identify major and career options. Uses learning styles, psychological principles of learning, life management, and creative and critical thinking techniques to promote health and lifelong learning. [D; CSU, UC]

PD 101 Orientation to College for Students With Disabilities (1) Unit

Lecture 1 Hour

Provides information about Disability Support Services and how the college system works. Students learn how to fully use the support of the DSS Office and all college support programs. College policies and procedures are reviewed to increase student confidence and success in college.

[D; CSU].

PD 110 College Success Skills for Students with Disabilities (3) Units

Lecture 3 Hours

Activity-centered course designed to assist students in developing their study and life skills. Career development, goal-setting, self-esteem, time management, note-taking, textbook reading, test taking and college resources are the primary areas of focus.

[D; CSU].

ES/L 106 Adapted Flexibility Fitness (.5-1) Unit

Lab 1.5-3 Hours

Prerequisite: Level of physical strength and agility to avoid injury to the student and others in course activities.] Introduces stretching techniques that are designed to increase range of motion. Emphasizes safe, effective and progressive techniques to improve joint health. Reduces risk of injury, increases flexibility, and improves body awareness. [D; CSU]

ES/L 113 Adapted Personalized Fitness**(1-1.5) Unit**

Lab 3-4 Hours

Prerequisite: Level of physical strength and ability to avoid injury to the student and others in course activities. Assists students with disabilities and chronic diseases in utilizing the muscle fitness and cardio equipment. Includes general flexibility, strengthening, and muscular fitness exercises to aid in body maintenance and cardiovascular conditioning.

[D; CSU;UC]

ES/L 121 Adapted Aquatic Exercise**(.5-1) Unit**

Lab 2-3 Hours

Prerequisite: Level of physical strength and ability to avoid injury to the student and others in course activities. Provides individuals with disabilities, water resistive exercises for strength, flexibility, endurance and cardiovascular improvement, utilizes total body workout in the pool.

[D; CSU;UC]

NC 102 Occupational Opportunities**0 Units**

Want to get a job now or in the future? Enroll in this FREE, three-hour per week course to learn the skills you need to be successful! Identify work skills, strengths, and abilities. This course helps you explore career options that match your skills and interests so you are successful at work. Learn how to write a resume, cover letter, and practice interviewing skills necessary for workplace success in communication, teamwork, and responsibility. Learn how to search for a job online and find a job; discover where to volunteer/intern to gain experience to include in your resume.

(Visit WWW.SWCCD.EDU for detailed information under INSTRUCTIONAL SUPPORT SERVICES & CONTINUING EDUCATION). For enrollment (no cost or fees), contact: SWC School of Continuing Education 619-482-6376

NC 103 Stepping Stones to Success in the Workplace**0 Units**

This course provides students with an overview of how to develop necessary workplace skills. Introduces communication, attitude, problem solving skills, and critical thinking techniques to prepare individuals for general workplace expectations. Exposes students to workplace ethics necessary for business interactions.

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NC 104 How to Spread the Word of the Professional You**0 Units**

Addresses topics such as appropriate marketing presence for employment, online websites, methods for developing professional business communications and networking. Designed for individuals with disabilities, job seekers, and those looking to enhance their professional presence.

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NC 105 Independence, Social, and Study Strategies for Young Adults**0 Units**

Specifically designed to address the needs of students with autism in college. Students will obtain skills and knowledge necessary to reach their educational objectives. Emphasizes time management strategies, information on campus resources, stress management techniques, study skills, and effective communication strategies.

(Visit WWW.SWCCD.EDU for detailed information under INSTRUCTIONAL SUPPORT SERVICES & CONTINUING EDUCATION).

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NC 107 Building Social Skills for College

0 Units

Provides students with disabilities support in developing foundational social skills. Focuses on effective communication strategies and social cognition. Based on the PEERS school-based program and modified for use with young adult learners, this course was designed for young adults with social and communication deficits.

(Visit WWW.SWCCD.EDU for detailed information under INSTRUCTIONAL SUPPORT SERVICES & CONTINUING EDUCATION).

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To request this material in alternate media, please call voice (619) 482-6512 or VP (619) 207-4480.